

LION'S ROAR

January/February 2016

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

2809 BROADWAY, SAN ANTONIO, TEXAS 78209 • 210-207-5380

www.sanantonio.gov/parksandrec



4th Annual Valentine Murder Mystery Party

Friday, February 12 at 7—9pm

Cruising for Murder! Adrift on the ocean, there is no better way to escape your troubles... or for a murderer to strike!

All aboard the Mystery of the Seas cruise ship! An adventure filled with peculiar passengers and conspiring crew members trapped at sea. No one is safe and everyone is a suspect as secrets are revealed. Everyone's innocence will come into question while the assassin tries to appear angelic. Sharpen your sleuthing skills, for that's what you'll have to rely on to identify the killer! Music by our Ukulele Ladies & Gents, refreshments will be served. See staff to get involved in the mystery or just come and watch.

Agrilife presents "Fresh Start to a Healthier You"

Thursdays, February 11—25 at 10am with follow up class March 24th

This **free** 4-session series covers food safety, meal planning, budgeting and healthy snacking. Sign up in the Information Room.

Rodeo Chili Dog Lunch

Tuesday, January 26th at Noon for \$5.00

Sign up in the office. Chili cheese dog, chips, drink and dessert. Just in time to kick off the Rodeo Season. Dress in your Rodeo Finest and participate in our mini fashion show!

Happy New Year!

From the Staff at Lions Field

Wishing you a happy, healthy and prosperous new year! Thanks for making us a part of your family!

New at Lions Field!

Monthly Birthday Potluck

Starting on Wednesday, February 24th
from 11:30am—1pm

We're inviting everyone to participate in a once a month potluck to celebrate member's birthdays and enjoy good food and fellowship. The Birthday Potluck will be held on the last Wednesday of the month. Cake provided by Humana.

12x12 Artistic Endeavor

Reception: Thursday, March 3 at Noon

Show the world your creative side! Sign up in January for a free canvas. Canvases may be picked up starting February 1. Return the completed art by February 29 for display from March 3—27. Limited to 30 canvases for registered participants.

A Special Thank You

Thank you to everyone who participated in the Grayson Square Santa Program. Your generosity was very much appreciated. Your kindness undoubtedly made someone's

Hours of Operation

Monday—Wednesday: 7:30 a.m.—9 p.m.

Thursday: 7:30 a.m.—10 p.m.

Friday: 7:30 a.m.—7 p.m.

Annual Membership Fee

Ages 18—59: \$15 Ages 60+: \$7



PARKS & RECREATION
SAN ANTONIO

Lions Field Staff

Mary Runner

Denise Martin

Jacque Odom



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-7245 for Voice/TTY assistance.



The center will be closed
January 18, 2016 for MLK Jr. Day

Workshops to Spark Your Imagination

It is important to be on time, especially the first day of class.
Sing up for classes in the Lions Field Info Room or by calling 207-5380.

Arts & Crafts Class

Tuesdays from 9:30 a.m.—2:30 p.m.

Some supplies provided

Make fun decorative items for yourself or give away as gifts. Call Jacque at 207-5380 for supply list.

January: Finishing the Turquoise Pendant

February: Fused Glass Dish

February 16 & 23: Make up days to finish up any unfinished projects.

Crafts with Jacque

Tuesdays from 9:30—11:30 a.m.

Detailed instruction for the beginning crafter!

Jan 12: Para cord Keychain

Feb 9: Button Bowl

Ceramics

Tuesdays, 1—3 p.m.

You must provide all your own supplies.

Turn purchased green-ware into home décor!

Contact Denise at 207-5380 for supply list and supply store locations.

Painting

Thursdays from 9:30—11:30 a.m.

Must bring your own supplies.

January: Finish the Monochromatic painting

February: Play with Pastels. Bring your own charcoal or pastel paper.

Handmade Valentine Cards

Thursdays, Jan. 14—28 Fee: \$7.00

From 10 a.m.—Noon

Students will create 4 different Valentine cards with a charming handmade twist. Limit: 6 students. Sign up and pay to reserve your spot.

Crazy Quilt Fused Glass

Thursdays, Feb. 11th—25th

From 10 a.m.—Noon Fee \$15.00

Create a one of a kind piece from an assortment of glass. Sign up in the info room. Must pay in advance to reserve your spot.

Evening Workshops

Handmade Valentine Cards

Mondays, Jan. 11th & 25th Fee: \$7.00

6:30—8:30 p.m.

Students will create 4 different Valentine cards with a charming handmade twist. Limit 6 students. Sign up and pay to reserve your spot.

Evening Art Class

Tuesday Evenings at 6:30 p.m.

We will not meet in January

February will be Play with Pastels. Bring your own charcoal or pastel paper.

Jewelry with Jacque

Third Wednesday of Each Month

6:30—8:30 p.m.

Limit 6 participants, register in advance. Leave class with a beautiful piece of jewelry!

Jan 20: Multiple Beads Pendant

Feb 17: Pony Bead Jumping Earrings

Free-for-All fused glass

Mondays, Feb. 15th—29th

6:30—8:30 p.m. Fee \$10.00

We'll create one of a kind pieces from an assortment of glass. Sign up in the info room. Must pay in advance to reserve your spot.

Class/Activity Sign-Up Policy

Classes/Activities led by staff must have at least 3 people signed up for the class to make. Exceptions are for classes that do not require sign-up, for example, Easy Movement. Any supply fee of \$10 and over must be paid for at the time of registration to guarantee your spot. Only those paid will be considered confirmed for the class.

January 2016

Lions Field Adult & Senior Center
2809 Broadway 207-5380

Monday 7:30am—9pm	Tuesday 7:30am—9pm	Wednesday 7:30am—9pm	Thursday 7:30am—10pm	Friday 7:30am—7pm
4 9am Exercise 10am Easy Movement 1-4pm Bridge 6-7:30pm Yoga* <i>6:30-8 pm Invest. Club</i>	5 9am Exercise 9:30am-2:30pm Arts & Crafts 10-2:30pm Advance Clay* 10am-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics	6 9am Exercise 10-3pm Porcelain Art* 5:30-8:30pm Halau Kui <i>7pm Orchid Society</i>	7 9am Exercise 9:30am Painting/Drawing 11am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Ukulele Picking 5:30-9:45pm Chess Club 6-9:45pm Scrabble <i>6:30-8pm Invest. Club</i> <i>7-9:45pm Camera Club</i>	1 *New Year's Day* Center Closed
11 9am Exercise 10am Easy Movement Noon Interm. Keyboard* 1pm Intro/Beg Keyboard* 1-4pm Bridge <i>3-4:30pm DAAC Meeting</i> 6-7:30pm Yoga* 6:30-8:30pm Handmade Valentine Cards*	12 9am Exercise <i>9-10:30am Health Screen</i> <i>9:30am Crafts Jacque*</i> 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg <i>5:30pm River Road NA</i> 5:30pm Belly Dance Exercise	13 9am Exercise 10-3pm Porcelain Art* 10am T'ai Chi Chih 5:30-8:30pm Halau Kui <i>6:30-8:30pm Invest. Club</i>	14 9am Exercise 9:30am Painting/Drawing 10-12pm Handmade Valentine Cards* 11am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Ukulele Picking 5:30-9:45pm Chess Club 6-9:45pm Scrabble <i>7-8:45pm Bonsai Society</i> <i>7-8:45pm Metal Detector</i>	15 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio
18 <i>Martin Luther King , Jr DAY</i> <i>Holiday</i> Center Closed	19 9am Exercise 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly D. Exercise <i>7:30pm Mahncke Park N.A.</i>	20 9am Exercise 10-3pm Porcelain Art* 10am T'ai Chi Chih <i>1pm Literary Circle</i> <i>6:30pm Jewelry*</i> 5:30-8:30pm Halau Kui	21 9am Exercise 9:30am Painting/Drawing 10-12pm Handmade Valentine Cards* 11am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Ukulele Picking 5:30-9:45pm Chess Club 6-9:45pm Scrabble <i>7-9:45pm Camera Club</i>	22 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio
25 9am Exercise 10am Easy Movement Noon Interm. Keyboard* 1pm Intro/Beg Keyboard* <i>11am Book Club</i> 1-4pm Bridge 6-7:30pm Yoga* 6:30-8:30pm Handmade Valentine Cards*	26 9am Exercise 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg <i>Noon Rodeo Chili Dog Lunch and Fashion Show</i> 12:30-4pm Mah Jongg 1-3pm Ceramics <i>1-3pm Bunco*</i> 5:30pm Belly D Exercise <i>6:30pm Native Plant 7pm Mahncke Pk</i>	27 9am Exercise 10-3pm Porcelain Art* 10am T'ai Chi Chih <i>6:30-8:30pm Sierra Club</i> 5:30-8:30pm Halau Kui <i>7pm Bonsai Class</i>	28 9am Exercise 9:30am Painting/Drawing 10-12 Handmade Valentine Cards* 11am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Ukulele Picking 5:30-9:45pm Chess Club 6-9:45pm Scrabble <i>7-9pm Ukulele Jam</i>	29 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio

*registration, instructor approval and/or fee.

Many art and craft classes require you to purchase your own supplies. Call for more information.

February 2016

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2809 Broadway ♦ 207-5380

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8 9am Exercise 9-11am Stained Glass* 10am Easy Movement Noon Interm. Keyboard* 1pm Intro/Beg Keyboard* 1-4pm Bridge 6-7:30pm Yoga*	9 9am Exercise <i>9-10:30am Health Screen</i> <i>9:30am Crafts with Jacque</i> 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly Dance 6:30pm Evening Art Class	10 9am Exercise 10-3pm Porcelain Paint* 10am T'ai Chi Chih <i>6:30-8:30pm Invest. Club</i> 5:30-8:30pm Halau Kui <i>6:30-8:30pm Invest. Club</i>	11 9am Exercise 9:30pm Painting/Drawing 10a.m.-noon Fused Glass 10am AgriLife 11am Beginning Hula 2-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Beginning Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>7-8:45pm Bonsai Society</i> <i>7-8:45pm Metal Detector</i>	12 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio <i>7pm Valentine's Day</i> <i>Murder Mystery</i> <i>Party</i>
15 9am Exercise 9-11am Stained Glass* 10am Easy Movement Noon Interm. Keyboard* 1pm Intro/Beg Keyboard* 1-4pm Bridge 6-7:30pm Yoga* 6:30pm Fused Glass	16 9am Exercise 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly D. Exercise 6:30pm Evening Art Class <i>7:30pm Mahncke</i> <i>Park N.A.</i>	17 9am Exercise 10-3pm Porcelain Paint* 10am T'ai Chi Chih 10am ReDiscoverSA <i>1pm Literary Circle</i> <i>6:30pm Jewelry*</i> 5:30-8:30pm Halau Kui	18 9am Exercise 9:30pm Painting/Drawing 10a.m.-noon Fused Glass 10am AgriLife 11am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Beginning Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>7-9:45pm Camera Club</i>	19 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio
22/29 9am Exercise 9-11am Stained Glass* 10am Easy Movement <i>11am Book Club (22nd)</i> Noon Interm. Keyboard* 1pm Intro/Beg Keyboard* 1-4pm Bridge 6:30pm Fused Glass 6-7:30pm Yoga*	23 9am Exercise 9:30am-2:30pm Arts & Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 1-3pm Ceramics <i>1-3pm Bunco*</i> 1-4pm Mah Jongg 5:30pm Belly D. Exercise <i>6:30pm Native Plant</i> 6:30pm Evening Art Class <i>7pm Mahncke Park Bd.</i>	24 9am Exercise 10-3pm Porcelain Painting* 11:30am Birthday Potluck <i>6:30-8:30pm Invest. Club</i> 5:30-8:30pm Halau Kui <i>6:30-8:30pm Sierra Club</i> <i>7pm Bonsai Class</i>	25 9am Exercise 9:30am Painting/Drawing 10a.m.-noon Fused Glass 10am AgriLife 1am Beginning Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Beginning Ukulele 2:45pm Ukulele Picking <i>7-9pm Ukulele Jam</i>	26 9am Exercise 9-Noon ITC Painting 10am Easy Movement 1-5pm Open Studio

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Music at Lions Field

Class rates per session: \$30 for ages 60 and over, and \$60 for ages 18—59 years. Call Mirella Lopez at 207-3018 for more information on our music classes. Session II runs from January 11 to March 12, 2016.

Fancy Fingers, Intermediate Keyboard, Mondays, January 11, Noon-1 p.m. with Marc
Note-Ability, Beginning Keyboard, Mondays, January 11, 1—2 p.m. with Marc
Strum Chums, Beginning Guitar, Tuesdays, January 12, 10—11 a.m. with Javier

Ukulele Ladies and Gents and Hulau Kui

Ukulele Ladies and Gents

Must know basic cords
Thursdays, 1-2:30 p.m.
\$12 per month

Ukulele Picking

Thursdays, 2:45—4:00 p.m.
Free for experienced players.

Introduction to Ukulele

Must have your own ukulele
Thursdays from 2:45-4 p.m.
Next class starts Feb. 4, 2016
\$12 per month
Beverly Gagliardi, Instructor

Open Hula

Thursdays, 11 a.m.—Noon
Free hula session open to all
interested in hula.

Halau Kui

Advanced Hula
Wednesdays, 6:45—8:30 p.m.
Free ongoing classes with
Tina Negrete, Instructor

Ukulele Jam

Free concert by the Ukulele Ladies and Gents. Food for the break table welcome!

Thursday, January 28, 7—9 p.m.

and

Thursday, February 25, 7—9 p.m.



Lions Field Book Club

Focusing on San Antonio based mysteries.



Monday, January 25 at 11 a.m.: “Something Borrowed, Something Black” by Loren D. Estleman
Peter Macklin, retired contract killer has found himself the perfect woman. He's convinced young, beautiful, innocent Laurie that he is simply a salesman from Detroit, while they passionately honeymoon in Los Angeles. *Until the phone call.* Peter tells Laurie he has to go to Sacramento to take care of business, and that he'll be back in a day.

Monday, February at 11 a.m.: “In Big Trouble” by Laura Lippman
First as a reporter and then as a PI, Tess Monaghan has learned how to survive on the streets of Baltimore. But a new case will force her to confront her own past - and a man she once loved. It starts when she gets a newspaper photograph of an old boyfriend with part of a headline attached: BIG TROUBLE.

Third Wednesday Literary Circle

Join in on another great opportunity to read every third Wednesday of the month at 1 p.m.!

January 20: *The Gap of Time* by Jeanette Winterson

A modern retelling of Shakespeare's "The Winter's Tale" moves from London after the 2008 financial crisis to the storm-ravaged American city of New Bohemia, in a story of the destructive effect of jealousy and the redemptive power of love.

February 17: *Mycroft Holmes* by Kareen Abdul Jabar

When his fiancée abruptly departs for Trinidad after hearing disturbing news, Mycroft Holmes and his best friend Cyrus Douglas follow and find themselves drawn into a treacherous investigation.

New Member Door Prize

When you join or renew, your name goes into our monthly drawing for a Lions Field bag. Five lucky new or renewed members will win a bag! Check the bulletin board for winners.

Health and Fitness

Morning Group Exercise

Mon—Fri., 9—10 a.m.

Focus on flexibility and core strengthening. Free Class for members. Ruth Lew, Volunteer Instructor.

Easy Movement Exercise

Mondays and Fridays

10 a.m.—11 a.m.

Led by staff, this class consists of seated and standing chair exercises designed to improve flexibility and balance. Good for all fitness levels.

Health Screenings with Accolade Home Care

Tuesdays, January 12th and February 9th

From 9 a.m.—10:30 a.m.

Free Health Screenings to include cholesterol, foot care, blood pressure, memory care and blood sugar.

Yoga for the Life Experienced

On-going Mondays, 6—7:30 p.m.

4 classes for \$48/drop-ins at \$15 per class

Let E-RYT 500 Yoga Teacher Cheryl Alexander guide you to better health. For more information call 210-883-8234 or email: calexander88@msn.com.

Belly Dance Exercise

Tuesdays at 5:30 p.m. starting Jan. 12th

Have fun while you get fit with this new class sponsored by Fitness in the Park. No sign up necessary, just show up in comfortable clothing, ready to dance.

Tai Chi Chih is back!

Wednesday Mornings, Jan. 13th—Feb. 17th

From 10—11:30am

First class is free!

Class Fee: \$60.00 per session. Discount for returning students. Pay the instructor directly.

Gong Meditation

Wednesday, February 3, at 6:30 p.m.

Class Fee: \$10

Learn how to de-stress! Experience deep relaxation in this guided meditation session. Pay instructor directly. Sign up requested but not required.

Play a Game at Lions Field

Bridge

Mondays 1—4 p.m.

Wright Patterson Style

Mah Jongg Open Play

Tuesdays 10 a.m.—Noon

National League

Mah Jongg Open Play

Tuesdays 1—4 p.m.

Lessons Available.

Bunco

Last Tuesday 1—3 p.m.

Dominos

Thursdays Noon—6 p.m.

S.A. Chess Club

Thursdays 6—9:45 p.m.

Scrabble

Thursdays 6—9:45 p.m.

ReDiscover\$A:

San Antonio Fire Museum and Lunch at Dignowity Meats

Wednesday, February 17 at 10am

Join us as we explore the history of the San Antonio Fire Department. After touring the museum, we'll head over to Dignowity Meats for excellent sandwiches. Departure from Lions Field at 9:45am. This is a carpool trip as both establishments are not far away.

Lions Field Association—Thank you for all you do for Lions Field

Sunnee Rakowitz, President; Harriet Last, Vice President; Deleyce Tietze, Secretary; Martha Wills, Treasurer
Board Members: Carlos Haun, Steve Wood, Susan Calkins, Michael Parker, Etura Lyon